



Peer Mentors Newsletter April 2013



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STEP UP! And Make a Difference

By Jeff Doberneck

Step Up is a program on our campus whose mission is to help stop and prevent a common problem in our society. This problem is known as the bystander effect which occurs when people stand idly by in the event of an emergency or problem. This phenomenon occurs because people often feel as if these situations are not their problem and the lack of response is explained by a theory called diffusion of responsibility. This theory suggests that when we witness or overhear a problem we often assume that someone else will help. This finding is common in many social psychology studies and remains an issue today. Research suggests that many people will in fact walk right by and not help a person in need even in the most dire circumstances. Step up has a five-step model for overcoming the bystander effect and making a difference when you encounter a problem or emergency.

Imagine for a moment that you are walking down the street and you hear a child shouting, "Who are you; you're not my parents!" You look for a moment and are unsure if the accusations are serious as the child's yelling increases. You see many

other people passing by as you walk by investigating the situation. As you see these events transpire what would you think and more importantly, what would you do?

In order to help make a difference in problematic situations Step Up offers five decision making steps

- Notice the event – notice the problem or emergency
- Interpret the Event as a



Problem/Emergency – investigate the situation

- Assume personal responsibility – Take initiative
- Know how to help – Think about how to help in an effective and safe manner
- Implement the help – STEP UP!!!

Knowing how to help: The S.E.E. Model

- Safe Responding – When responding, en-

sure that your response is safe for all parties.

- Early Intervention – If you spot an emergency, stop it early before it becomes a bigger problem.
- Effective helping – Develop direct or indirect helping skills.

After reading the above scenario most people seem to think that they would definitely help, however, research suggests otherwise. Research suggests that people often conform rather than taking the initiative to help a person in need. Think about how many times in your life you may have seen somebody fall and need a helping hand. Did you stop and help them up? If so, good for you and

continue the good work. If not, that's okay, a majority of society has been guilty of this at one point or another. Now is the time to Step Up and be the person that makes that difference. A simple act of kindness could potentially change somebody's life.

The 5 Decision Making Steps

- Notice the event
- Interpret the event as a problem/emergency
- Assume personal responsibility
- Know how to help
- Implement the help

Psychology Club Spotlight: Latin@ Student Psychological Association

By Carolyn Nash

One of CSUF's newest clubs, the much needed and highly anticipated Latino/a Student Psychological Association, has finally arrived! Despite having only been founded in the spring of 2013, LSPA has taken the campus by storm, offering countless workshops, discussions, and presentations on countless pressing topics like graduate programs, the GRE, campus resources and more. The LSPA is committed to reaching out to the underrepresented Latino/a community. Through community service, networking, and academics, LSPA advocates, empowers, and educates the Latino/a community to obtain their full potential in the field of psychology.

Allow us to mention just a few of the ways that LSPA has managed to impact those around them already. They haven't showcased the Peer Mentors, shared invaluable information on GRE prep work, offered a presentation on the McNair's Scholarship, educated individuals on the MARC program/scholarship, discussed Curriculum Vitae (CV), and finally, they had the Career Center address that burn-

ing question, "What Can I do in the Field of Psychology?" Their upcoming endeavors include: the Student Research Panel on April 9th, Psych Day on April 16th, School Psychologist Presentation on April 30th, a Panel Discussion on the different Master's programs for psychology, counseling, and social work on May 7th, a presentation on the field of *Chicana/o Psychology* by on May 21st, as well as their end-of-the-year speaker Dr. Raymond Buriel on May 14th from 5-7 (room is TBA).

Accordingly, LSPA spends a great deal of their time targeting and tackling the various difficulties that serve to uniquely oppress the Latino/a community. Because Latino/a representation is lacking—despite the fact that their community is the fastest-growing minority group in Southern California—LSPA seeks to raise awareness on the deep mark that the Latino/a population is making, specifically in the domain of academia. Their use of leadership, fundraisers, and socials ensure guidance and empowerment not only to those who identify as Latino/a, but to anyone who is seeking encouragement, assis-

tance, or direction. While their meetings and presentations are geared more towards psychology students, the Latino/a community, and minority groups of all types, anyone can profit from the myriad offerings that this rousing new club offers. Interested in seeing what all the fuss is about? Visit them Tuesdays from 5-6 in H514, check out their Facebook page at <https://www.facebook.com/csufilspa>, or email them at lspace@csufsb.edu. (No hyphen.) You won't be disappointed.

LSPA seeks to raise awareness on the deep mark that the Latin@ population is making, specifically in the domain of academia.

How We Stay Productive

By Zahra Ahmady

Junior college outreach

- Mentors attend Transfer Fairs and/or give presentations about our Psychology programs at CSUF

High school

- Mentors attend high school classes and inform students about Psychology and the programs offered at CSUF.

On-campus outreach

- Each mentor holds office hours on the in room 525b in the Humanities building to provide assistance with Psychology related topics.
- Mentors are constantly searching for ways to stay informed by gathering resources in order to provide the

best guidance to Psychology students who seek our assistance.

Mentors attend talks such as Step Up! In order to stay informed about serious issues

Mentors attend seminars held by faculty members to stay informed

Featured Professor: Dr. Kathleen Preston

By Aspen Yoo

My first impression of Dr. Kathleen Preston was considerably different than I expected. I assumed the professor of a graduate-level multivariate statistics course would be as serious and intimidating as the class itself. Instead, Dr. Preston turned out to be a happy, takes-nothing-too-seriously teacher. She manages to sprinkle little bits of silliness into the dense material covered in each class. She has made a matrix multiplication dance, calculus hands, linear algebra fingers, as well as somehow successfully compared factor analysis to a hotdog in a bun.

However, one should not be fooled by her witty humor and ability to make calculus sound like magic. Her knowledge about statistics is deep and her academic history is impressive. She received her BA in both Psychology and Music at CSUF. She then earned her MA in Psychology at CSUF, her research under Dr. William Marelich involved conducting scale construction and evaluating it using Exploratory and Confirmatory Factor Analysis. After this, she went to UCLA and earned another MA and a PhD with an emphasis in quantitative methodology. Under Dr. Steven Reise, she evaluated the within-item category functioning of a variety of scales using Nominal Response Model and made recommendations about scale modifications.

Currently, she is teaching Introduction to Psychological Statistics (PSYC 201) and Multivariate Statistics (PSYC 467), but also is or will be involved in teaching courses like Advanced Psychological Statistics (465), Advanced



Computer Applications (PSYC 466), and Survey of Psychometrics (PSYC 520T). Her research involves developing and evaluating the construction of scales under Item Response Theory. She also uses simulation studies to determine how violating assumptions of measurement tools affects the interpretation of results.

Her research undoubtedly requires a deep understanding of statistics and how different factors affect its inter-

pretation, and her teaching reflects that understanding. So, how did she end up choosing an academic career and what advice does she have for those of us who are planning on pursuing a similar career? Her answer to the first question was, "I always loved math growing up, and I found psychology rather interesting, so when I discovered that I could make a career out of combining the two, I discovered my passion." On a similar note, her advice to students pursuing higher education was, "Find your passion. You have many years of schooling, thousands of sleepless nights (or so it seems), hundreds of paper revisions, and countless hours of reading/writing ahead. The road ahead is more exciting and considerably less daunting if you are passionate about your research."

When Dr. Preston isn't busy teaching or conducting research, she likes going to Disneyland with her husband and her 2 year-old daughter, Zelda. She also sings in two professional choruses: Pacific Chorale and the John Alexander Singers.

Overall, Dr. Preston is a faculty member we can be glad we have. She manages to make a rather daunting subject entertaining, is involved in interesting and extremely applicable research, and can sing!

Tips For Avoiding Burnout

By Allina Babur

- Know where your stress is coming from—this is the key to reducing it.
- Find a physical activity that you can keep up with regularly.
- Make a schedule and keep to it. Pacing yourself is key to staying on top of things.
- Set boundaries with others. You can't do everything for everyone, all



the time, and still take care of yourself.

- Above all, set reasonable goals for yourself and don't lose perspective.

19th Annual Psychology Day

By Brian Dizon

What is Psychology Day?

Psychology Day is a special day for students and faculty that promotes research in the field of psychology. Psychology Day holds numerous activities such as poster presentations, speakers, lunch and research discussion with faculty, and panel discussions by faculty and graduate students. Psychology Day is hosted by Dr. Jack Mearns Chair of the Department of Psychology, the Psychology Day Committee (Dr. Aaron Goetz, Chair, Dr. Angela-Minh Tu Nguyen, Dr. Nancy Segal), the Psychology Department Student Association (PDSA), and Psi Chi (National Honor Society).

When is Psychology Day?

The 19th Annual Psychology Day is going to be held on Tuesday, April 16, 2013. The event runs from 8:00am to 2:00pm, with speaker presentations beginning at 9:30 am. The theme of this year's event is "Money, Pathology and More: What Twin Studies Tell Us."

Where is Psychology Day going to be Held?

All events will be held in the Titan Student Union.

Why students should go to Psychology Day?

Students are highly encouraged to go to Psychology Day because it provides information about

careers in psychology and graduate school. In addition, some psychology classes are cancelled so that students can come to the event. Some professors will also offer extra credit if students attend Psychology Day. Students should ask professors if they can receive extra credit by attending and signing up to the event or writing a summary on the speaker presentations. Psychology Day will also serve free food. Students will also get a chance to have each lunch with professors!



Events:

Here is the scoop on what students can anticipate when they attend Psychology Day this month.

Poster Presentations (8:00am - 9:00am)

Students can walk around and observe poster presentations of research projects made by the undergraduate and graduate students and faculty. It can give students and idea of how students conduct their work and translate it into a research poster.

Speaker Presentations:

Location: Pavilion B & C

Dr. Henrik Cronqvist (9:30am - 10:30am)

Presentation: *Individual Differences in Investments and Savings*

Dr. Henrik Cronqvist is a McHahon Family Associate Professor of Corporate Finance and a George R. Roberts Fellow in Claremont McKenna College (CMC). Dr. Cronqvist earned his Ph.D Degree at The University of Chicago and his Master's of Science degree at Stockholm School of Economics. He taught undergraduate, master, and doctoral courses related to corporate and finance, private equity, and more. Dr. Cron-



Dr. Laura Baker

qvist's research interests include corporate finance, behavioral finance, and investor behavior.

Dr. Laura Baker (10:45am - 11:45am)

Presentation: *Origins of Antiso-*

19th Annual Psychology Day Continued

cial Behavior

Dr. Laura A. Baker is a Professor in University of Southern California (USC). She is currently the Director of Southern California Twin Project. Dr. Baker earned her Master of Arts and Ph.D degree in University of Colorado. Her research topics are behavior genetics, childhood aggression, and antisocial behavior. Her research involves genetic and environmental bases of human behavior. She studies how genes and environment produce individual differences in cognitive and personality variables and antisocial behavior during both childhood and adulthood. Dr. Baker's current research focuses on genetic and environmental factors in childhood aggression and antisocial behavior.

Lunch and Research Discussion with Faculty (12:00pm - 1:00pm)

Free food will be served at noon for students and faculty. In addition, students will get the chance to eat lunch with professors! This is a good time to meet professors and ask questions about their research topics and current research project. This is an easy way for students to get to know their professors.

Panel Discussions (1:00pm - 2:00pm)

What to do with a Psychology

Degree?

Location: Pavilion B & C

Overview: Panel Discussion on career opportunities with a B.A, M.A, M.S, Ph.D or Psy.D in Psychology. It will provide several options to meet your future career needs. A good resource for students who are looking for career options.

Topic 2: Ins and Outs of Graduate School

Location: Pavilion A

Overview: Panel Discussion on pros and cons of Graduate School. It will provide benefits and costs of going to graduate school. A good resource for students who are planning to go to graduate school.

Research Attendance

Location: Atrium

Several Resources will be available for students.

Student clubs:

PDSA, Psi Chi, and Latino/a Student Psychological Association (LSPA)

Internship Sites: Mental Health Association, Project Together Mentor Program, Project Together Outreach, Child Abuse Prevention Center

Graduate School Resources:

Argosy University (Orange County Campus), California School of Professional Psychology, Chicago School of Professional Psychology, Palo Alto University, University of La Verne, CSUF Master of Arts Psychology Program, CSUF Extended Education

Final Message

We hope you attend Psychology Day! It is going to be a fun and informative event for students and faculty. There are no restrictions! That means you can also bring your friends who are non-psychology majors! This is an event for everyone. In addition, students can enter or leave at the event anytime. Students are not required to stay for the entire

19th Annual Psychology Day

April 16th 2013

Main Event: 9:30 am—2:00 pm with Poster Presentations opening at 8:00 am.

In the Titan Student Union

event. We hope to see you at Psychology Day!

On-Campus Resources

Career Center
Location: LH 208
www.fullerton.edu/career/

University Learning Center
Location: Pollack Library 2nd floor
www.fullerton.edu/ulc/

Academic Advisement Center
Location: UH 123B
www.fullerton.edu/aac/

Writing Center
Location: UH 123B
www.fullerton.edu/engl

Testing Center
Location: UH 229
www.fullerton.edu/testing

Health Center
Location: Health Center
<http://www.fullerton.edu/shcc/>



Where am I?

Psychology Peer Mentors Office	H-525B
Psychology Department Office	H-830M
Advisement Office	H-830J
Psychology Lounge	H-525B
Psychology Computer Lab	H-607
Student Access Center.....	H-112

Peer Mentors Office Hours

Email: psycmentors@fullerton.com

Web: <http://psych.fullerton.edu/pml2/>

Phone: (657) 278-7538

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30					
9:30-10:00		Zahra	Zahra		
10:00-10:30	Janelle/Daniela B,	Zahra	Zahra/Allina	Melanie/Daniela B.	
10:30-11:00	Janelle/Daniela B.		Zahra/Allina	Melanie/ Daniela B.	
11:00-11:30	Daniela B.		Zahra	Jeff	
11:30-12:00	Catherine	Carolyn	Daniela R.	Jeff	
12:00-12:30	Catherine	Carolyn		Jeff	
12:30-1:00	Daniela R.	Carolyn		Jeff	
1:00-1:30	Brian		Edwin/Brian	Ramon/Jeff	
1:30-2:00	Brian	Carolyn	Edwin/Brian	Ramon/Jeff	
2:00-2:30		Carolyn		Tina	
2:30-3:00	Carolyn	Veronica		Aspen/Melanie/Tina	
3:00-3:30	Andrea	Veronica		Aspen/Melanie/Tina	
3:30-4:00	Andrea	Nesreen		Melanie/Tina	
4:00-4:30		Nesreen / Veronica	Julie	Nesreen	
4:30-5:00		Veronica	Julie	Nesreen	
5:00-5:30		Veronica	Julie		
5:30-6:00		Veronica	Julie		
6:00-6:30					
6:30-7:00					